

For more copies of this Resource Guide, contact:
Rock County Council on Aging

51 S Main Street
Janesville, WI 53545 (mailing address)

3328 Hwy 51 North, Janesville (physical address)
Phone (608) 758-8455
Fax (608) 758-8472

Website: www.co.rock.wi.us/Aging



*All phone numbers listed in this guide are a
608 area code unless noted.*

*The agencies/businesses listed in guide should in no
way be construed to constitute an endorsement of a
specific company, organization or its service, nor
should exclusion be construed to constitute
disapproval.*

Provided by
Rock County Council on Aging

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Elder Services Resource Guide



Rock County

For Seniors, Their Families
and Caregivers in Rock County

This booklet is a guide for seniors,
their caregivers and families which
provides information about local services,
providers and agencies in Rock County.



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ASSISTIVE SERVICES AND/OR EQUIPMENT

Emergency Response Systems

Janesville 756-6784	Beloit 364-5480	Stoughton-873-2372
Tracking System/Bracelet - EmFinders		888-461-2079
Tracking System/Bracelet - Project Lifesaver		373-3880
First Lutheran Church Equipment Loan Closet		752-7434
Library-Homebound Book Delivery		758-6592 / 364-2912
Home Safety Assessment	Mercy Health System	755-7998
	Home Health United	800-900-8040
Wheelchair Recycling Program		608-243-1785
Wisconsin Talking Book and Braille Library		800-242-8822
Voluntary Action Center (air conditioners for seniors)		365-1278

CONSUMER

Better Business Bureau of Wisconsin	414-847-6000
Consumer Credit Counseling	365-1244
Credit Bureau Report (<i>Free</i>)	877-322-8228
Consumer Product Safety Commission	800-638-2772
Mortgage Foreclosure Prevention	362-9051
Poison Control Centers	800-222-1222
WI Agr, Trade & Consumer Protection	800-422-7128
WI Office of Privacy Protection (<i>Id Theft</i>)	800-422-7128
Wisconsin Legislative Hotline	800-362-9472
Register for "Do Not Call" List	Wisconsin 888-382-1222
(Get off telemarketing call lists)	

HEALTH SERVICES

DENTAL

Beloit Area Community Health Center	361-6048
Dental Clinic at Marquette Dental School	414-288-6500
Dental Clinic at VA Hospital	280-7035
HealthNet of Janesville (<i>Serving all of Rock County</i>)	756-4638
Donated Dental Services	888-338-6852

PRESCRIPTION DRUG ASSISTANCE

Partnership for Prescription Assistance	888-477-2669
Prescription Drug Helpline -Medicare Part D	855-677-2783
SeniorCare Prescription Drug Prgrm (WI)	800-657-2038

VISION

Office for the Blind and Visually Impaired	757-5203
EyeCare America (<i>Free Eye Care</i>)	800-222-3937
HealthNet (<i>Vision Care Program</i>)	756-4638
Vision Program Screening For Lions Club	317-4238
WI Council of the Blind	800-783-5213

Helpful Local Resource Numbers (CONT)

CRISIS RESOURCES

Beloit Domestic Violence Center Crisis Hotline	365-1119
Brittan House (<i>Shelter - single men only</i>)	365-4787
Caritas (<i>Food/clothing pantry-Beloit Area</i>)	362-4403
Central Christian Church Food Pantry (<i>Beloit</i>)	362-7663
Christ Lutheran Food Pantry (<i>Clinton</i>)	676-4994
CRISIS INTERVENTION- (<i>24 HOUR</i>)	757-5025
C.U.P. (<i>Orfordville Food Pantry</i>)	879-2624
ECHO (<i>Food/clothing pantry-Janesville</i>)	754-5333
Edgerton Community Outreach	884-9593
Evansville Ecumenical Care Closet	882-4532
House of Mercy (<i>Homeless shelter</i>)	754-0045
Faith Works of Rock County	531-1880
Milton Community Action Group	868-1166
NON-EMERGENCY Police (<i>All Rock County</i>)	757-2244

POLICE/FIRE/AMBULANCE (All Rock County) 911

Salvation Army (food pantry/shelter)	757-8300 or 365-6572
Sparrow's Nest Shelter	362-8215
YWCA Domestic Abuse in Later Life	752-5445

HEALTH SERVICES

Beloit Area Community Health Center	361-0311
Epilepsy Foundation Southern WI	755-1821
Rock County Health Dept (Flu Shots)	757-5442
HealthNet of Janesville	756-4638
Janesville Comm Health Center (Mercy South)	755-7960
Stoughton Hosp Geriatric Psychiatry Inpatient Pgrm	873-2242
Traveling Nails (<i>In Home Hand/Foot/Nail Care</i>)	295-0830
Parkinson Disease Association (<i>APDA</i>)	229-7628
Ruth's Foot Care Service	676-5523
Veterans Clinic (VA) - Janesville	758-9300

Introduction

Are you looking for resources to help you remain independent in your home?

Are you caring for or assisting an aging or disabled parent, spouse, family member or friend? Do you know someone who is?

The Elder Services Resource Guide will provide you with helpful resources that are available to Rock County residents. Our goal is to help you become as informed as possible so you can remain independent, or if you are a caregiver, provide the best care possible to your loved one.

There are only four kinds of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers.

-- Rosalyn Carter

Rock County Council on Aging

Council on Aging is the County's aging unit, which serves the seniors, families and caregivers of Rock County.

At Rock County Council on Aging, our mission is to help preserve the independence, self-worth and dignity of older residents of Rock County. We believe our Older Americans are a special resource. To be honored. To be recognized for their value to the community. To be assisted and helped to remain for as long as possible in their own homes. The office hours are 8 a.m. to 5 p.m. Monday through Friday and are located at 3328 U.S. Highway 51 North, Janesville, Wisconsin. (N. Parker Drive becomes Highway 51.). The mailing address is 51 South Main Street, Janesville, WI 53545 and the main telephone number is 608-757-5472.

Website:

www.co.rock.wi.us/Aging

Programs available:

- **Benefit Specialist Program - 757-5414**
- **Nutrition Services - 757-5474**
- **Congregate/Home Delivered Meals - 757-5474**
- **Specialized Transit Van Service - 757-5054**
- **Family Caregiver Support Program - 758-8455**
- **Mobility Manager - 757-5408**

Helpful Local Resource Numbers

ROCK COUNTY	
Council on Aging	757-5472
Nutrition Program	757-5474
Specialized Transportation	757-5054
Family Caregiver Support Program	758-8455
Elderly Benefit Specialist	757-5414
Mobility Manager	757-5408
Aging and Disability Resource Center (ADRC)	741-3600
Health Department	757-5442 or 364-2010
Veterans Service	757-5552 or 363-6280
WISCONSIN	
BadgerCare+Core Plan/Basic	800-291-2002
Food Share QUEST Card Customer Service	888-794-5780
Medigap Helpline Office Commissioner of Insurance	800-242-1060
Medicaid & State SSI Recipient Hotline	800-362-3002
Unemployment Insurance Claims	800-822-5246
WI Dept. Of Veterans Affairs	800-947-8387
WI Dept of Motor Vehicles	800-924-3570
ALZHEIMER'S RESOURCES	
Alzheimer's Family Caregiver Suprt (AFCSP)	758-8455
Alzheimer's & Dementia Alliance of WI	888-308-6251
Janesville Geriatric Assessment Center	755-7960
StateLine Area Memory Clinic (SAM-C)	364-1288
Project Lifesaver - Tracking Braclet	373-3880
CAREGIVER RESOURCES	
Caregiver Support Groups & Educational Classes	758-8455
Rock County Family Caregiver Support Pgrm	758-8455
Eldercare Locator (National)	800-677-1116
HEARING RESOURCES	
TEPP (<i>Telephone equipment for hearing</i>)	743-4120
Office for Deaf and Hard of Hearing	437-5828
CONSUMER RESOURCES	
Register for "Do Not Call" List (Get off telemarketing call lists)	888-382-1222

Financial Assistance Programs

Food Stamps/Food Share Program

Help with purchasing food

FoodShare Program

Southern Consortium (888) 794-5780

FoodShare Helpline (877) 366-3635

Energy Assistance

Help with your power and light bill

Energy Services at (608) 363-9200

Medical Assistance (MA)

Help with medical bills (888) 794-5780 (tollfree)

Medical Assistance (MA)

Rock Change Center (888) 794-5780 (tollfree)

To report changes the FoodShare,
BadgerCare/Medical Assistance and Child Care.

Homestead Program

The Homestead Credit Program can provide an additional cash benefit to homeowners and renters who meet eligibility criteria. This tax credit is designed to help eligible households meet the rising cost of property tax bills and rental payments. To apply for the Homestead program Contact your Elderly Benefit Specialist.

If you live in Afton, Beloit, Brodhead, Clinton, Evansville, Hanover, Milton, Orfordville. Contact Lachel Fowler at **(608) 757-5414**

If you live in Janesville, Edgerton, Footville, Johnstown contact **Rachel Jacob** at **(608) 757-5940, ext. 4**

Adult Day Care

Adult Day Care consists of daytime care for functionally impaired elderly persons. It is provided through a structured program of social and rehabilitative and/or maintenance services in a supportive group setting outside the client's home. The fees for adult day services vary, generally between \$45 to \$60 per day, with additional fees for transportation.

Adult Day Care and Hourly Respite are available through this agency.

KANDU Adult Day Care

1741 Adel St, Janesville WI 53546 **755-4123**

Meals, recreational activities, personal care, bathing and community involvement. Operates Monday thru Friday www.kanduindustries.com

Rock County Community Options Programs (COP)

Rock County Long Term Support Programs are individualized programs that provide alternatives to nursing home care. These programs allow eligible individuals to remain in the community, often in their own homes, preserving their dignity and sense of self-respect. If remaining in the home is not possible, other non-institutional arrangements can be made.

Long Term Support Programs include:

- *Community Options Program & Home and Community Based Waiver Programs

State of Wisconsin Website for more info:

http://dhs.wisconsin.gov/ltc_cop/GLOSSARY.HTM

- *Alzheimer's Family Caregivers Support Program

State of Wisconsin website for more info:

<http://dhs.wisconsin.gov/aging/Genage/fcgsp.htm>

Long Term Support Programs are designed to help people receive benefits from existing resources. A case manager will work with the recipient to develop an individualized service plan.

Benefits can include: adaptive equipment, supportive homecare, home health aides, skilled nursing, home modifications, home delivered meals, medication management, community-based residential facilities, personal care, respite care, social outings, lifeline, transportation, adult family homes, grocery shopping

Any person considering residence in a nursing home for any reason is invited to inquire about Long Term Support Services through the Aging and Disability Resource Center.

What is "Respite Care" For Family Caregivers?

"Respite" is for the caregiver. "Care" is for your loved one.

For many family caregivers, the challenges of caring for a loved one are part of daily life.

Caregiving is a demanding, difficult job and no one is equipped to do it alone. Getting help is essential for your health, and your resilience is critical for your loved one.

Respite care provides short-term breaks that relieve stress, restore energy, and promote balance in your life. Working with family members or friends may be difficult, but there are many respite care options and strategies that you may not be aware of.

Respite Care Basics

Seeking support and maintaining one's own health is key to managing the caregiving years. Using respite care before you become exhausted, isolated, or overwhelmed is ideal, but just anticipating regular relief can become a lifesaver.

Respite can take many forms, but comes down to two basic ideas: sharing the responsibility for caregiving and getting support for yourself. Finding the right balance requires persistence, patience, and preparation.

Support Groups for Family Caregivers

These support groups enable persons facing similar problems to cope through the sharing of experiences, practical suggestions, and emotional support.

There are many support groups throughout Rock County. Call Rock County Council on Aging for a current listing with dates, times and locations at 608-758-8455.

Rock County

Community Options Programs (COP)

(Continued)

Anyone who is a resident of Rock County and who has a long-term or irreversible illness or disability that substantially impairs his or her ability to function independently may be eligible. A brief listing of these conditions includes:

frail elderly, physically disabled, Alzheimer's or related diseases, other long-term illnesses or disabilities

Persons needing Long Term Support services are encouraged to apply at any time and may refer themselves or have someone make a referral for them, such as a relative, doctor, social worker, pastor, friend, etc. At times, the demand for service exceeds the monies available in these programs. In those situations, names of eligible applicants are placed on a waiting list for service funding and are served as soon as funding becomes available.

Eligibility requirements vary for each program, but are generally based on the applicant's medical, functional, service and financial needs. The assessment to determine eligibility is free and does not obligate the applicant to receive services.

The Alzheimer's Family Caregiver Support Program (AFCSP) is available to fund goods and services for individuals diagnosed with Alzheimer's disease and other related dementias.

For more information on these programs, call the Rock County Aging and Disability Resource Center.

(608) 741-3600

Elderly Benefit Specialist Program

Elderly Benefit Specialist Program in Rock County has two Specialists that provide services.

A Benefit Specialist is a person trained to help older persons who are having a problem with their private or government benefits. They are often called "red tape cutters" because they are experts at helping older persons with the extensive and complicated paperwork that is often required in benefit programs.

There is no charge for the services, but persons assisted by the program are encouraged to make a donation towards the cost of the service.

You may make an appointment with an Elderly Benefit Specialist:

If you live in Afton, Beloit, Brodhead, Clinton, Evansville, Hanover, Milton, Orfordville
Contact **Lachel Fowler at (608) 757-5414**

If you live in Janesville, Edgerton, Footville, Johnstown
Contact **Rachel Jacob at (608) 757-5940, ext. 4**

Nursing Homes

Sometimes, the decision to move a loved one becomes necessary. Visit the nursing home of your choice and then discuss placement with the nursing home's Admissions Coordinator. Below is a list of the nursing homes in our area.

Nursing Homes:

- Alden Meadow Park H.C.C. 676-2202
709 Meadow Park Drive, Clinton 53525
- Beloit Health & Rehab 365-2554
1905 West Hart Road, Beloit, 53511
- Cedar View Health Center 756-0344
1702 S River Road, Janesville, 53546
- Evansville Manor 882-5700
470 Garfield Ave, Evansville, 53536
- Edgerton Care Center 884-1617
313 Stoughton Road, Edgerton, 53534
- Edgerton Hospital - Swing Bed Program 884-3441
313 Stoughton Road, Edgerton, 53534
- Mercy Manor Transition Center 756-6000
1000 Mineral Point Ave, Janesville, 53548
- Premier Rehab & Skilled Nursing 365-9526
2121 Pioneer Dr, Beloit, 53511
- Rock Haven Nursing Home 757-5028
3418 N Cty Trk Hwy F, Janesville, 53547
- St. Elizabeth's Nursing Home 752-6709
502 St. Lawrence, Janesville, 53545
- Woods Crossing At Woods Point 897-3031
401 E 23rd St, Brodhead, 53520

Power of Attorney for Health Care

The Power of Attorney for Health Care law allows you to complete a written document designating another person to act on your behalf as your health care agent. Subject to limitations you impose, the designated health care agent is authorized to make many types of health care decisions on your behalf should you later become incapacitated.

"Incapacitated" is defined in Wisconsin statutes as "the inability to receive and evaluate information effectively or to communicate decisions to such an extent that the individual lacks the capacity to manage his or her health care decisions."

A Power of Attorney for Health Care document states that when you are no longer able to make health care decisions due to being incapacitated, the person designated as your health care agent is authorized to make those decisions on your behalf.

A Power of Attorney for Health Care is different from a Living Will in that the Living Will functions as an actual statement directly from you to health care providers, indicating your wishes regarding feeding tubes and life-sustaining procedures in the event you ever have a terminal condition or are in a persistent vegetative state.

A Power of Attorney for Health Care takes affect upon your temporary or permanent incapacity. A Living Will also may take effect upon your temporary or permanent incapacity, but only if you also have a terminal condition or are in a persistent vegetative state.

Your local nursing home, area hospital or Council on Aging can provide you with information on getting started on Power of Attorney for Health Care.

Rock County Council on Aging 758-8455



Emergency Response System

Provides an in-home 24-hour electronic alarm system that enables homebound persons to summon emergency help. It gives peace of mind for older adults, their caregivers and family.

A button is worn by the individual and pushed in case of emergency. The system works through the telephone line and allows your loved one to speak directly to a specially trained attendant in the event of an emergency, at the push of a button. Affordable and easy-to-install, call button can be worn as a watch or necklace.

Local Suppliers of emergency call systems:

- Mercy Hospital, 756-6781
- Beloit Hospital, 364-5480
- Stoughton Hospital, 873-2372

Telephone Reassurance Programs

Reassurance workers make regular contact through telephone calls with homebound older persons to assure their well-being and safety and to provide companionship and social interaction.

- Friendly Voice Program
Retired and Senior Volunteer Program
362-9593 or 756-4281

These volunteers are coordinated through RSVP. There is no cost for this program.

Independent Senior Housing

Independent senior housing is a residential living setting for senior adults that does not provide supportive services. Senior adults lead an independent lifestyle that requires minimal or no extra assistance. There are senior housing units that have government-subsidized rental programs. Those apartments are listed below and have a “#” in front of their name.

To apply for an apartment, contact the apartment manager and schedule a tour. Then, if the apartment is satisfactory, you can request to fill out an application and submit it back to manager of that apartment unit. Generally, in a government-subsidized apartment, it takes 30 days or more to receive an approval.

ALBANY	# Riverview Apt	862-3424
BELOIT	High School Apt	365-2517
	Hillcrest Apt	363-9246
	Ridge Manor Apt	362-8697
	Riverside Terrace	365-7222
	Rock Bay Harbor	362-1020
	# Scoville Center Apts	362-4900
	# Woodside Terrace	365-0333
	Village on Olympian Hill	363-8360
	#Village East Apts	361-9870
CLINTON	# Meadow Park Apt	290-2338
EDGERTON	# Edgerton Meadows	800-346-8581
	# Edgerton Retrmt Apt	884-9009
	Edgewood Glen	884-2680
	# Elm Drive Apt	884-8454

Legal Assistance and Services

There may be times when you feel you or your loved one needs legal assistance. The list below will give you a few options.

If you are looking for long term care planning and want to discuss this with an attorney, be sure that the attorney you select is well versed in Long Term Care Planning and the Medicaid Nursing home rules. Attorneys can get specialized training/certification and are called “Elder Law Attorneys”.

Wisconsin State Bar Lawyer Referral & Information	800-362-9082
Legal Action of Wisconsin	800-362-3904
Rock County Guardianship Issues	757-5138
Wisconsin Guardianship Hotline	800-488-2596

If you are looking for an “Elder Law Attorney”, the National Academy of Elder Law Attorneys, Inc. (NAELA) has a website where you can search your area for a Elder Law Attorney. The website is: www.naela.org/MemberDirectory/.

The NAELA website also offers a fact sheet on “Questions and Answers when looking for an Elder Law Attorney” at www.naela.org/About_QandA.aspx

Assisted Living

Community Based Residential Facilities (CBRF) And Residential Care Apartment Complexes (RCAC)

Name	City	Phone	Specialty
Cedar Crest Asst Living	Janesville	756-0344	
Collinwood Elderly Care	Orfordville	879-3084	
Cozy Li'l Acre	Janesville	758-1103	
Heartwarming House (The)	Milton	868-3040	
Azura Memory Care (Three Locations)	Janesville Beloit Clinton	757-9300 365-7470 676-4056	Alzheimer's/ Dementia
Hearthside	Janesville	757-2275	
Huntington Residence	Janesville	868-5035	Alzheimer's/ Dementia
Huntington Residence Memory Care	Janesville	868-5035	Alzheimer's/ Dementia
Kelly House	Evansville	882-4191	
Our House Assisted Living	Janesville	756-1340	
Our House Memory Care	Janesville	756-9030	Alzheimer's/ Dementia
Pioneer Court	Beloit	365-9451	
Sherman Home, The	Janesville	758-3324	
St. Elizabeth Manor	Footville	876-4000	
Sun Valley	Beloit	365-7455 362-8094	
Sun Valley Terrace	Beloit	365-3737	
Willowick	Clinton	774-2104	
Wright Home, The	Janesville	758-3324	
Woods Crossing	Brodhead	897-3031	
Residential Care Apartment Complexes (RCAC)			
Cedar Crest	Janesville	756-0344	
Huntington Place	Janesville	868-5035	
Kelly House Asst. Living	Evansville	882-4191	
Milton Senior Living	Milton	868-3000	
Riverside Terrace	Beloit	365-7222	
Swifthaven	Edgerton	884-2828	
The Heights at Evansville Manor	Evansville	882-9995	

Independent Senior Housing (cont.)

EVANSVILLE	East Mills Creek Apt	882-5339
	# Arbor Glen	800-346-8581
	Kelly House	882-4191
	# Seminary Park	882-0595
FOOTVILLE	# South Meadow	882-4518
	# Ezra Foot Manor	876-6522
JANESVILLE	First Senior Apt	741-2308
	# Garden Court	755-1755
	Cedar Crest	756-0344
	Park View Apartments	756-0121
	# Grant Village Apt	755-1755
	# Green Forest Run	754-1886
	# Hamilton Terrace	757-2892
	Huntington Place	868-5035
	Parkview Manor	757-1255
	Regency Senior	757-2566
MILTON	River Place Senior	757-9456
	# Riverview Heights	752-5999
	# Burbank Apartments	754-4040
	Wesley Park Sr	758-3737
	Willard Haus Apt	752-3060
ORFORDVILLE	Homestead Apt	868-3808
	# Milton Meadows	800-346-8581
	# Parkview Terrace	868-7022
	# Orfordville Meadows	800-346-8581

Meals and Nutrition

Congregate Meals are meal sites available in most communities that provide an opportunity for Seniors (over age 60 and county residents) to enjoy a hot meal in a warm family-like atmosphere. A donation for each meal is suggested.

Congregate meal locations in Rock County are:

Janesville

Riverview Heights Apartments

930 N Washington Street

Meals Served at 11:30 a.m.

Beloit

Grinnell Hall

631 Bluff Street

Meals Served at 11:45 a.m.

Evansville

Creekside Place

102 Maple

Meals Served at 11:45 a.m.

Transportation Available

Milton

The Gathering Place

715 Campus Lane

Meals Served at Noon

Transportation Available

Clinton

Clinton Senior Center

508 Front Street

Meals Served at Noon

Reservations are required. To reserve a meal or cancel a meal, call no later than noon of the prior business day.

To Find Out More-To Make a Reservation

Call: 757-5474

What Is Assisted Living?

(Continued)

weakened condition increasing the likelihood of a life-threatening fall or injury. Diminished eyesight can also contribute to falls and car accidents if the person is still driving. Deafness decreases a desire to interact socially.

When a couple moves to an assisted living residence, chances are only one of them requires assistance. The move can be truly liberating for their partner, who has been caregiving 24/7. The caregiver's health and sleep is often compromised by stress and the physical demands involved in caring for their spouse. When these care needs are being handled by staff, the healthier spouse can go back to being more of a mate and less of a "nurse." A closer bond is re-established. Families have peace of mind. It's a win-win solution.

Some assisted living residents may be younger seniors (50-65 years old) that have been injured or had surgery requiring a rehabilitation period before being able to safely return to their home. Most assisted living residences have respite services available. Respite is a short-term, temporary living arrangement in a furnished studio apartment. Respite residents may receive occupational or physical therapy services onsite or may be bused to and from a rehabilitation facility. Living in a warm, caring environment rather than a clinical, hospital-like setting provides social opportunities and professional care at just a fraction of the cost of a hospital or nursing home.

Assisted living is NOT at all like a nursing home. It is just another type of residential setting available to meet the needs of many Americans in the golden years of their lives.

What is Assisted Living

Bv: Annette Baker

It wasn't too many years ago when an older adult no longer able to perform all of the ADLs (activities of daily living) moved to a nursing home. If the person only needed assistance with dressing and bathing, but was mentally and emotionally healthy, these clinical, hospital-like surroundings often lead to depression, followed by a combination of further physical, mental and emotional declines.

That was then. Today, communities provide several types of assisted care. A Residential Care Apartment Complex (RCAC) is a type of residence providing a variety of options which may include meals, entertainment, activities, parties, religious services, beauty/barber, physician, podiatry, massage and transportation services. Certified RCACs qualify for Medicaid Waiver funding. Licensed RCACs do not qualify for funding.

Another type of assisted living facility is a Community Based Residential Facility (CBRF). Many similar services are provided here, as in an RCAC. However, a CBRF qualifies for both Community Options Program Waiver (COPW) and Medicaid Waiver funding. Often the types of amenities and activities are more limited in this type of facility.

A move to an assisted living residence can enhance quality of life, allowing a person to remain more independent for a longer period of time. It appears that too often families and individuals procrastinate, putting off a move to an assisted living residence due to lack of information about assisted living. As some people age, they become socially isolated and reclusive. Depression sets in, which can lead to nutritional deficiencies (either eating too much/not eating enough or not eating nutrient-rich foods), leading to a

Meals and Nutrition (Continued)

The Congregate meal menus change on a monthly basis. A sample of a monthly entrée menu is below.

- | | |
|--------------------------|-----------------------------|
| • Pork Pot Roast | • Sloppy Joes |
| • Spaghetti & Meatballs | • Baked Chicken |
| • BBQ Pork Ribs | • Ring Bologna |
| • Beef Stew | • Turkey Tetrazzini |
| • Chicken Parmesan | • Chili |
| • Mexican Taco Casserole | • Baked Chicken Drumsticks |
| • Meatloaf | • Pork w/ Basil Dijon Sauce |
| • Swedish Meatballs | • Macaroni Ham & Cheese |
| • Chicken Gumbo | • Beef Barley Soup |
| • Chicken Marsala | • Salisbury Steak |

Special diets are available upon request.

Milk is served with all meals.

Coffee and tea are served with dining center meals.

Hungry Yet?

*Reservations to attend are required.

*To reserve a meal or cancel a meal, call no later than Noon of the prior business day.

*A donation for each meal is suggested.

To Find Out More-To Make a Reservation-To Cancel a Reservation

757-5474

Meals and Nutrition (continued)

Home Delivered Meals

Home delivered meals is a service that brings hot, nutritionally balanced meals to homebound seniors and their caregivers, age 60 and older. Meals are available Monday - Friday and on weekends in some areas. Home delivered meals are available throughout the county.

For eligibility, please contact:

- Beloit Meals On Wheels - 362-3683
- Mercy Health System - 756-6077
- Rock County Council on Aging - 757-5474

Nutrition Counseling

Nutrition Counseling provides individualized advice and guidance to individuals or family caregivers who are at nutritional risk because of their health or nutritional history, dietary intake, medication use or chronic illness. Counseling may include options and methods for improving nutritional status and is provided by a health professional.

Nutrition counseling provided by Rock County Council on Aging (608) 757-5474.

Hospice Services

Hospice is compassionate care for those who have a life-limiting illness and their family members. In addition to addressing the physical needs of the patients, hospice provides spiritual and emotional care to both the patients and their entire families. Hospice allows the patient to spend their final days in dignity and comfort.

All hospices must provide basic core services: nurse, social worker, chaplain, volunteer, nursing assistant, medications and supplies related to the terminal diagnosis. However, patients and their loved ones need to be aware that a hospice agency has a lot of latitude in determining services offered, so always remember to inquire about what is available.

WHY WOULD I WANT TO USE HOSPICE?

Hospice care may be appropriate if you or a loved one:

- Has been diagnosed with a life-limiting illness.
- Is experiencing pain and experiences frequent hospitalizations.
- Desires to remain at home and needs financial relief.
- Decides to forgo curative treatment.
- Requires frequent telephone calls, doctors office, or emergency room visits.

Hospice can provide:

- Expert relief of physical, emotional, and spiritual pain.
- The ability to stay at home and significant financial relief.
- Home visits, thereby decreasing the need for doctor or emergency room visits.
- Telephone support, offering expert advice and dispatching assistance when required.
- Respite care, to allow the caregivers the opportunity to rejuvenate
- Ongoing bereavement support for family and friends following the illness.

Hospice Care Providers

Agrace Hospice	755-1871
Beloit Regional Hospice	363-7421
Heartland Hospice Services	815-282-2279
Home Health United Hospice	877-356-4514
Mercy Hospice Care	754-2201
Rainbow Hospice	920-674-6255
Southern Care Hospice	866-419-2773

State of Wisconsin Home Health Care Hotline

1-800-642-6552

What information can the Home Health Hotline provide?

The toll-free Home Health Care Hotline

Wisconsin residents with information about:

- Local home health care agencies
- Agency certification for Medicare and/or the Medical Assistance Program
- Results of state inspections of agencies
- Complaints which have been filed against the agency within the last two years.

The Hotline may also be used to file complaints.

What is the Home Health Care Hotline number and how does it work?

The toll-free Wisconsin Home Health Care telephone number is 1800-642-6552. Calls are taken 24 hours a day. A recorded message asks callers to leave their message on an answering machine. Callers should include:

- Their name, area code and telephone number
- Whether they are seeking information or wanting to file a complaint

Calls are returned by the next working day.

The Wisconsin Toll-Free Home Health Hotline
1-800-642-6552

Chores and Housekeeping

The following agencies provide an array of in-home services such as laundry, light housekeeping, meal preparation and transportation.

- Beloit Chore Service 365-5670
- RESCare Home Care 755-0592
- Home Instead Senior Care 314-9241
- Mercy Assisted Care 754-2201
- Stoughton Hospital Home Health 873-2366

Home Repair Registry

Senior Services of Rock County(SSRC) has a Home Repair Registry program.

Senior Services of Rock County provides referrals of screened, qualified workers for home maintenance and repair assistance at affordable prices.

Services include: yard work, raking, mowing, clipping, snow shoveling, storm windows changed, seasonal housekeeping, minor carpentry, building ramps, minor plumbing and electrical repairs, painting , changing light bulbs.

SSRC only provides this referral service; payment is made by the individual to the worker.

Senior Services of Rock County
Home Repair Registry program - 757-5940 x0

Transportation



Transportation for medical appointments and, in some cases, shopping purposes are provided by the following providers. Some of the providers have private pay rates, accept donations, or services can be billed to Medical Assistance for those who are eligible.

Clinton Sr. Center Van (*Clinton Only*) 676-4600
 Curtis Ambulance Service 741-1111
 Disabled Veterans Transport Network 247-4674
 DR Medical Transportation 920-542-1040
 Edgerton Taxi (*Edgerton Area only*) 884-9847
 Evansville Sr Shuttle (*Evansville Only*) 882-0407
 Hailey Transport 262-378-9177
 Lavigne Bus Co 920-563-1515
 MTM (Medicaid Medical Rides) 866-907-1493
 Paratech Ambulance Service 758-1113
 Rock County Specialized Transit 757-5054
 RSVP Seniors Volunteering for Seniors 362-9593
 You Buy We Fly 363-3939

Transportation for medical appointments outside of Rock County is available. In some cases, it's a volunteer driver program or a service provider with handicapped accessible vans. Some of the providers have private pay rates, accept donations, or services can be billed to Medical Assistance for those who are eligible.

Hailey Transport 262-378-9177
 Lavigne Bus Co 920-563-1515
 DR Medical Transportation 920-542-1040
 RSVP Seniors Volunteering for Seniors 362-9593

Funding In-Home Care Services

Now that you or your loved one need in-home care services, you may be looking for funding to help pay for those services. Most of the time, Medicare does not cover ongoing costs for in-home care, personal care, adult day care, cooking, cleaning, transportation and other costs associated with ongoing in home assistance.

Below is a list of some possibilities for funding. You or your loved one may or may not qualify for the programs listed. Many of the programs have waiting lists. Some of the programs require an initial screening and may have income and asset guidelines. Funding may not be easy to access and you may have to navigate through some paperwork, but with a little diligence you may find the funding you or your loved one needs.

- Aging/Disability Resource Center--Community Options Pgrm
608-741-3600 -- Talk with intake worker
- Aging/Disability Resource Center
Alzheimer's Family Caregiver Support Program (AFCSP)
608-741-3600 -- Talk with intake worker
- Rock County Council on Aging 758-8455
National Family Caregiver Support Program
- Veterans Administration -- Local Veterans Office
Aid and Attendance Program
608-757-5552 or 363-6280
- Long Term Care Insurance --
Individual may have purchased policy
- Reverse Mortgage -- Private mortgage companies
- Medical Assistance (MA or Title XIX)
Economic Support Division 888-794-5780

In-Home Care Providers

(Medical and Non-Medical) **Continued**

MEDICAL HOME HEALTH (In-Home)

Accura Home Health	676-2337
At-Home Healthcare	363-5885
Home Health United	800-924-2273
Mercy Home Health Care	754-2201
RESCare Home Care	755-0592
Senior Services Plus Health Care	757-5959
Society's Assets	800-261-8181
Stoughton Hospital Home Health	873-2366

NON-MEDICAL SUPPORTIVE CARE (In-Home)

Apara Care	888-308-6448 x108
Aspire Generation Liberty	490-0381
Alternative Home Care, Inc.	758-3324
BrightStar	314-8501
Comfort Keepers	815-623-6602
Beloit Home Companion Registry	856-0153
Eternity Home Care	251-2273
Home Instead Senior Care	314-9241
MorningStar Home Care	756-1227
RES Care Home Care	755-0592
Senior Helpers	729-5365
Visiting Angels	877-276-7039

LIVE-IN CAREGIVERS AND COMPANIONS

Good People	800-608-8003
BrightStar	314-8501

Elder Abuse and Neglect

What do I do if I suspect someone is being abused or neglected or severely neglecting/harming themselves?

If you suspect an elder adult or adult at risk has experienced, is currently experiencing, or is at risk of experiencing abuse, neglect, self-neglect, or financial exploitation:

1. **IN AN EMERGENCY, AND/OR IF SOMEONE IS IN IMMEDIATE, LIFE-THREATENING DANGER, CALL THE POLICE OR 9-1-1 IMMEDIATELY.**
2. If not emergency, contact the Rock County ADRC at 741-3600.
3. If the alleged abuser is a paid caregiver employed by a long term care facility, contact the Division of Quality Assurance, Office of Caregiver Quality, Phone: 608-261-8319.

What will you be asked? You may give your name and address if you choose, *but you do not have to give this information.* You will be asked, but are not required to know, information about the adult at risk and the incident(s).

What will happen after you contact your county elder adults/adults-at-risk agency? A caseworker will respond to the report and determine what response is necessary.

For more information about elder abuse and neglect, go to this State of Wisconsin website:

In-Home Care Providers (Medical and Non-Medical)

There are two different types of in-home care service providers; medical home care and non-medical supportive home care. Some medical home care providers are able to provide both types of services. Non-medical home care providers only provide non-medical services. It is important to understand the difference between **non-medical home care** and **medical home care** in order to get the best care for your loved one.

Medical Home Health Care

Medical home health care makes it possible for some people to leave the hospital so they can recover at home or stay in their own homes rather than going into a nursing home and/or provide nursing services such as wound care. All home health agencies offer skilled nursing and home health aide services.

Home health agencies are state licensed and may provide skilled nursing, rehabilitation services, and personal care to individuals in their home. Services can include skilled nursing care, specific medical assistance, such as intravenous (IV) therapy or wound care, and home health aides to provide assistance with daily living. They may provide/arrange for medical social services, occupational therapy, physical therapy, speech therapy, personal care services, and other therapies. Home health services may be reimbursable through Medicare and Medicaid programs. Reimbursable services are limited and must be prescribed by a physician. Medicare certifies only agencies that offer skilled services. Personal care services may be covered if skilled nursing services are also being provided.

In-Home Care Providers (Continued) (Medical and Non-Medical)

Non-Medical Supportive Home Care

Non-medical supportive home care typically refers to non-medical services that assist individuals with activities of daily living, for example, simple tasks such as light housekeeping, laundry, shopping, meal preparation, opening a jar, or driving to appointments. Assistance may be provided with personal tasks such as bathing, dressing, grooming, toileting and even transferring from the bed to a chair. They may also provide "respite" type services for family caregivers.

Many types of individuals, including those who are trained and supervised by agencies, provide such services. In general, home care providers are available 24 hours a day, seven days a week. They may work by themselves or as a team on a shift, part-time, hourly, live-in, or on an as-needed basis. Generally, Medicare and Medicaid do not pay for these types of services.

Generally, costs for services provided by a non-medical home care agency, costs can range from \$15 to \$30 per hour, and generally more per hour for nights, weekends and holidays.

As a family caregiver, it is helpful to establish a relationship with a non-medical home care agency before an emergency arises. That way, during your emergency/crisis you are set up with the agency, know what to expect and can get services immediately.